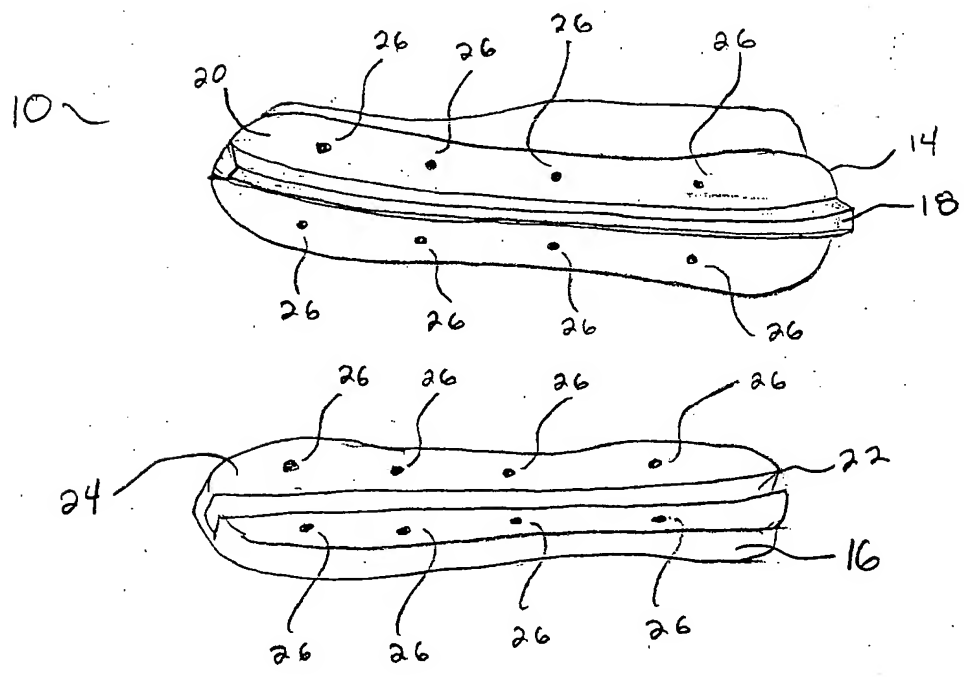
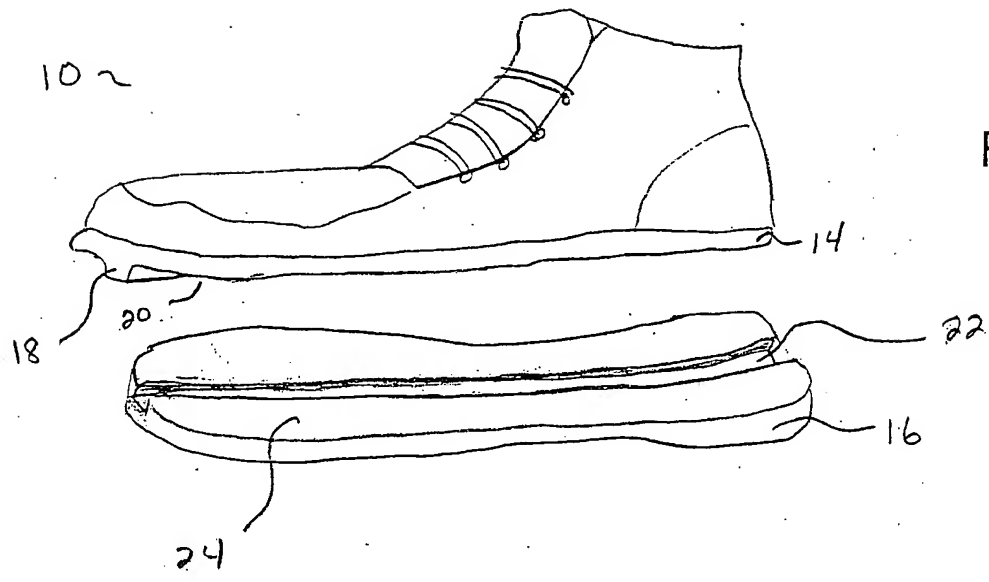




FIG. 1



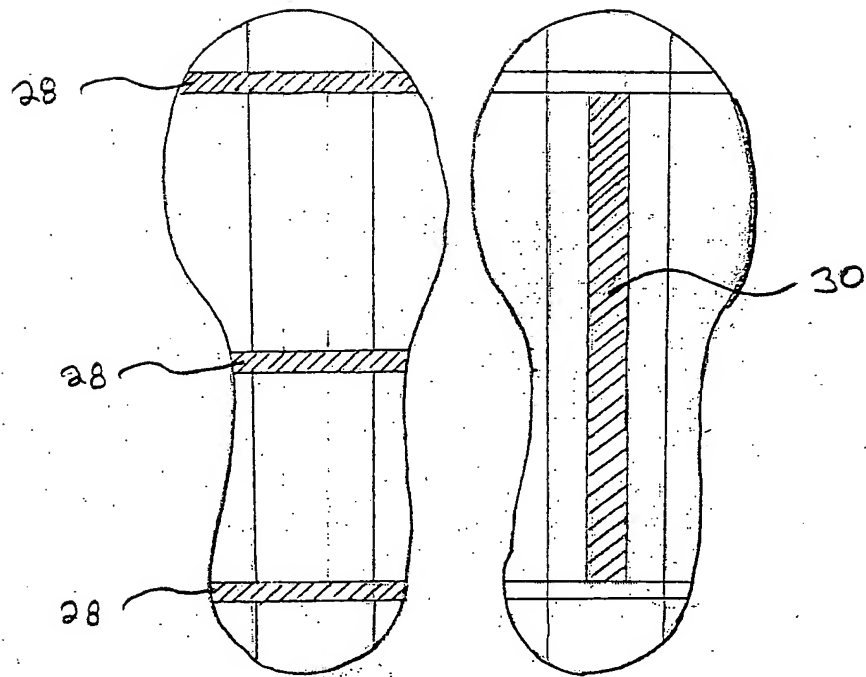


FIG. 4

FIG. 5

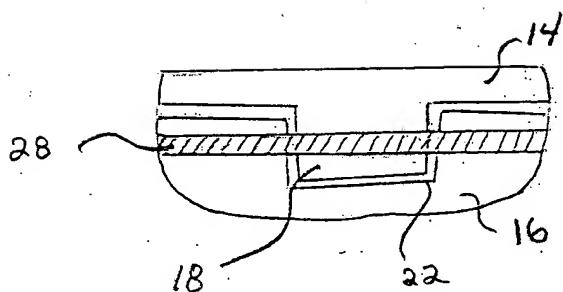


FIG. 6

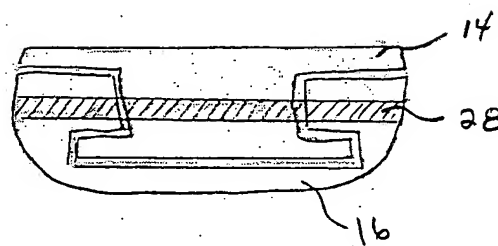


FIG. 7

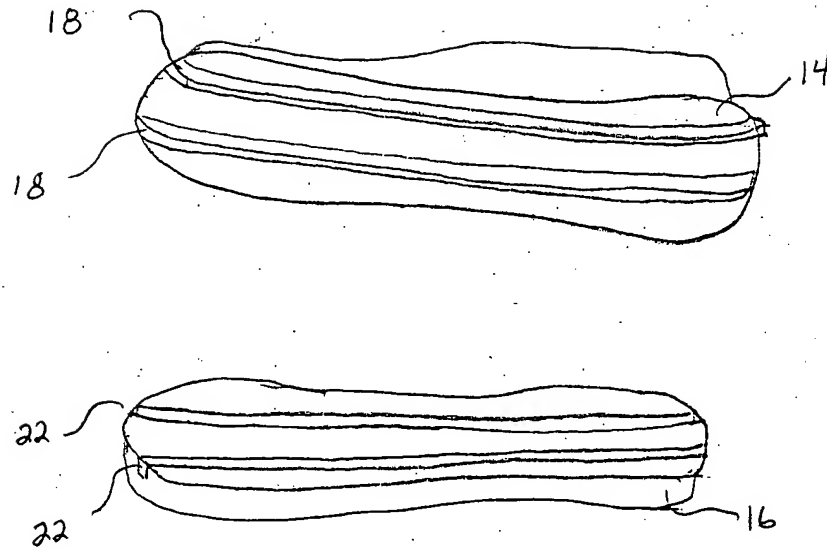


FIG. 8

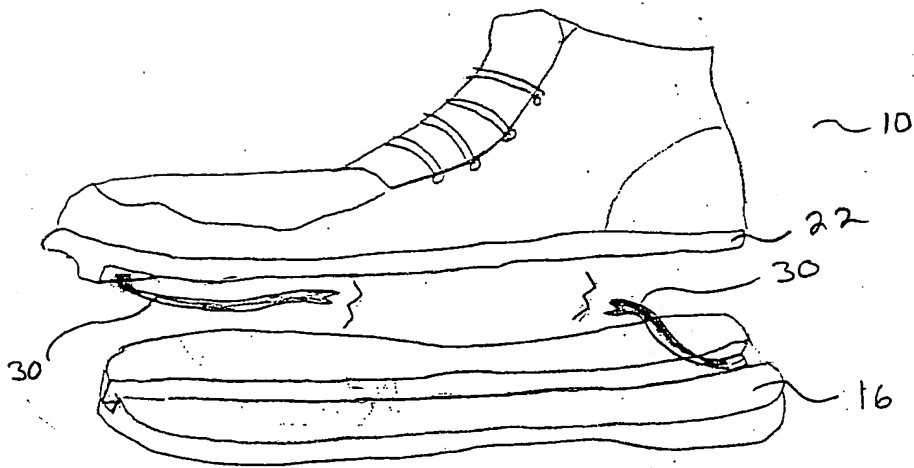


FIG. 10

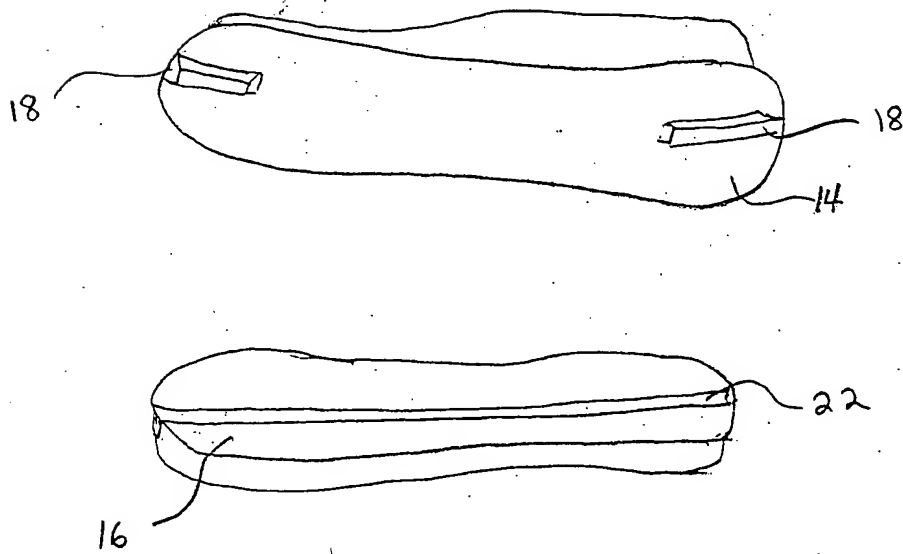


FIG. 9

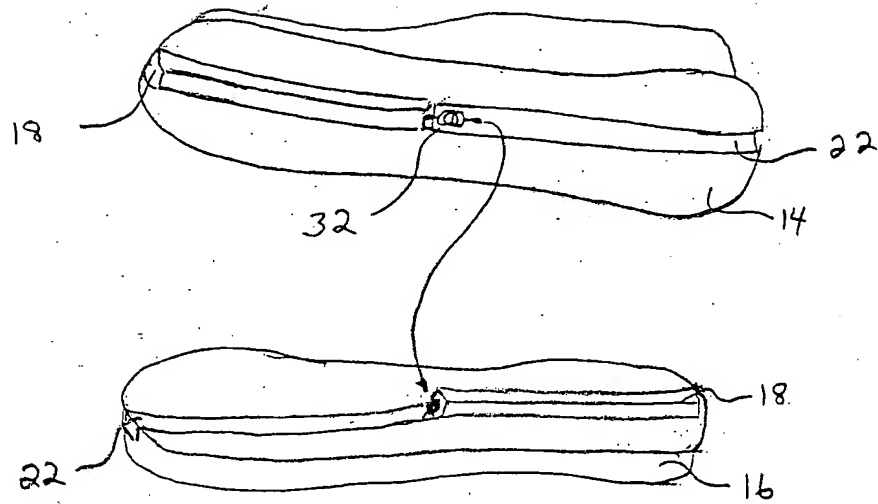


FIG. 11

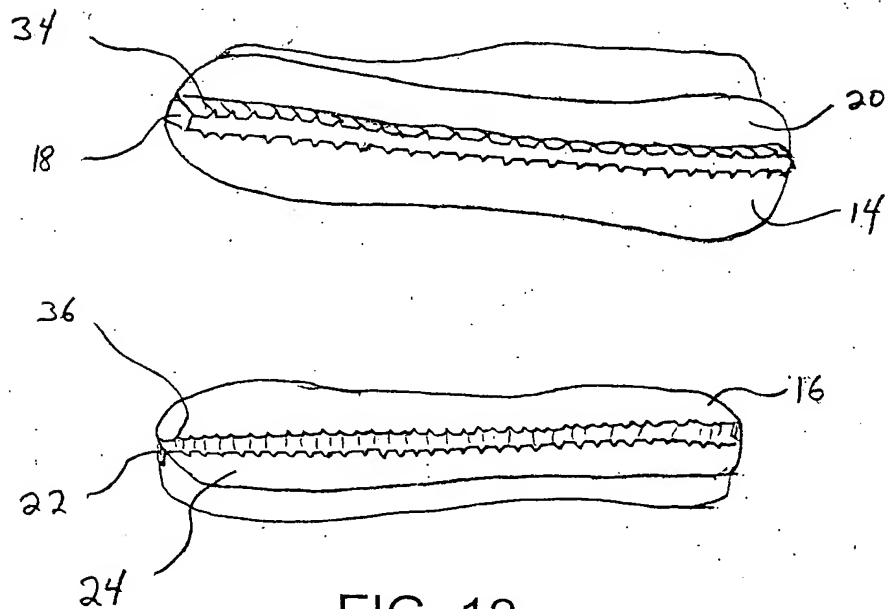


FIG. 12

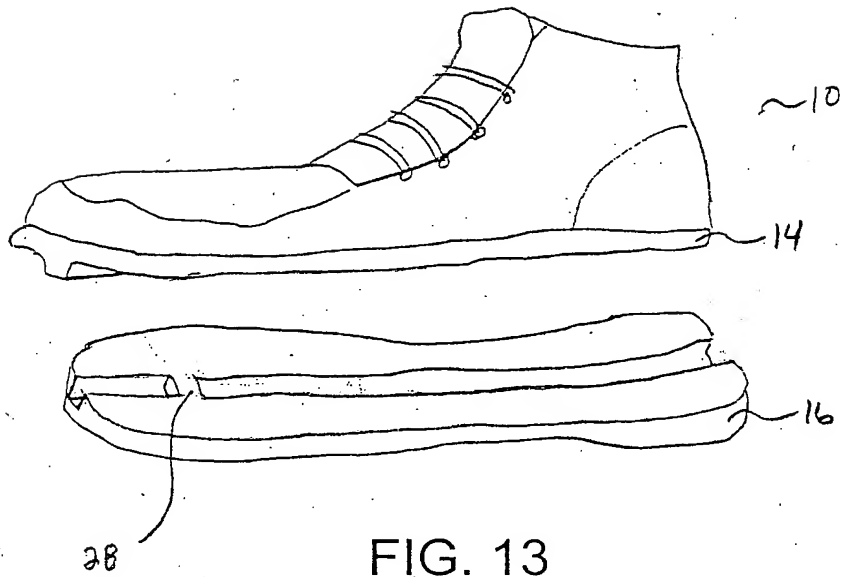


FIG. 13

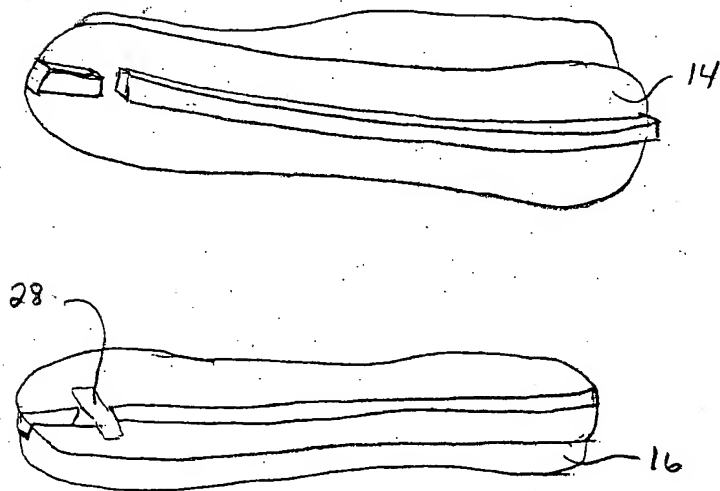
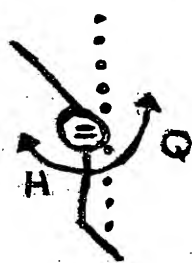
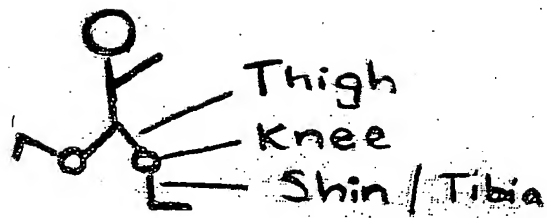
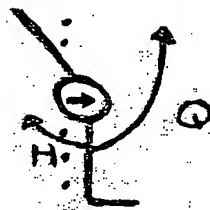


FIG. 14



A



B



C



D

FIG. 15

	Quadriceps	Hamstrings	Center of Gravity of Body	Translation Force on Tibia	Foot	Knee
Normal Stopping	Normal firing/contraction	Normal firing/contraction	In front of knee	Equal Quad/Ham contraction – no ant./post-force	Fixed on Floor	No Injury
Noncontact ACL Injury	Maximal firing/contraction	Normal firing/contraction	Behind knee	Unbalanced Quad/Ham contraction; leads to anterior force	Fixed on Floor	ACL tears
Injury Preventing Shoe Sole	Maximal firing/contraction	Normal firing/contraction	Behind Knee	Unbalanced Quad/Ham contraction; no ant./post. Force since foot not fixed	Releases allowing leg to extend	No ACL injury

FIG. 16

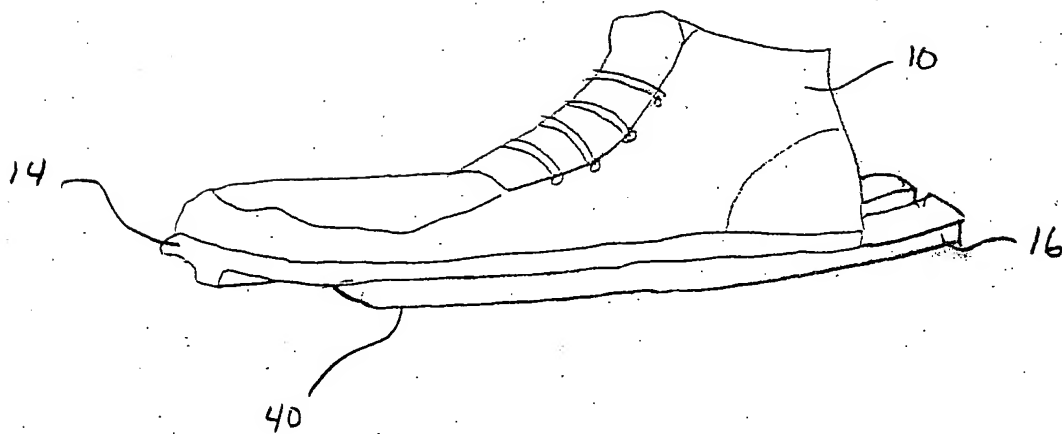


FIG. 17